

Recipes From Gita's Garden

Kanji Recipe

By Gita Patel

Kanji is a probiotic drink and has a spicy, sour, pungent taste. It is made in North India during the winter months and people drink it daily. The carrots and beets get pickled during the fermentation process and can be used as a side dish with a meal or added to salads.

2 medium carrots
2 medium beets
8 C filtered water
1 T ground mustard seeds or mustard powder
1 tsp salt
½ tsp red chili powder (optional)

Cut the carrots and beets and add them to the water in a glass jug or jar. Add the salt and ground mustard seeds, stir, cover and place in the sun for 4 – 5 days. Stir with a wooden spoon everyday before placing in the sun. When the drink tastes sour it is ready for drinking. Refrigerate unused Kanji.